

SOBER SEARCH

THE SOBER CURATOR PRESENTS

ISSUE NO. 2 | MAY 2026 | "BODY, MIND, AND SOBER SOUL"

Getting sober matters. Staying sober matters more.

X	G	T	B	I	E	N	D	O	R	P	H	I	N	R
G	A	S	M	G	G	R	Z	S	J	L	K	C	I	I
G	R	A	T	I	T	U	D	E	O	Q	R	K	R	C
L	D	E	T	O	X	T	R	I	G	G	E	R	U	T
Y	F	N	C	S	O	B	E	R	S	W	E	A	T	H
F	J	Q	K	S	S	E	N	L	L	E	W	R	Y	E
B	M	R	M	L	A	C	M	T	A	R	T	K	U	R
V	K	P	M	K	O	E	N	I	M	A	P	O	D	A
E	C	N	E	I	L	I	S	E	R	R	G	J	P	P
A	X	A	L	E	R	S	B	J	D	R	G	F	U	Y
R	B	R	E	A	T	H	E	S	V	D	Y	X	P	H
T	S	E	L	F	C	A	R	E	L	M	J	Q	K	J
N	H	C	T	E	R	T	S	R	O	E	R	U	J	D
A	E	X	H	A	L	E	P	P	V	G	E	K	G	T
M	R	I	R	T	U	O	N	R	U	B	Y	P	A	A

FIND THESE WORDS

BREATH	EXHALE	SOBERSWEAT
BURNOUT	GRATITUDE	STRETCH
CALM	MANTRA	THERAPY
DETOX	RELAX	TRIGGER
DOPAMINE	RESILIENCE	WELLNESS
EMDR	SELFCARE	
ENDORPHIN	SLEEP	

HINTS

BREATH The simplest tool in recovery. In through the nose. Out through the mouth

BURNOUT What happens when you do too much and rest too little. Sobriety does not make you immune